



The Benefits Bulletin

Statewide Benefits Office

August 6, 2020

Flu Shots & COVID-19 Pandemic

While it's not possible to say with certainty what will happen this fall and winter, the Centers for Disease Control and Prevention (CDC) believes "it's likely that flu viruses and the virus that causes COVID-19 will both be spreading." Getting a flu shot this fall will be more important than ever, not only to lower your risk of getting the flu but also to help prevent unnecessary doctor's visits, hospitalizations and strain on the healthcare system. The CDC recommends that all people 6 months and older get a yearly flu shot, with September and October being good times to get one. State of Delaware members can obtain a flu shot at no cost when using their health plan and prescription plan. Although it will not protect you against COVID-19, getting a flu shot at your primary care provider's office or a participating retail pharmacy can reduce your risk of flu illness, hospitalization and death. Visit the [CDC's](#) website for more information about the flu.

Enjoying Summer Safely

Did you know that skin cancer is one of the most common forms of cancer? Anytime you are exposed to UV light, you should ensure you are protected by following these tips:

- Use water-resistant sunscreen that is SPF 30 or higher and remember to reapply
- Use sunglasses to protect your eyes
- Wear a wide-brimmed hat that covers your face, neck and ears
- Wear clothing that covers your skin
- Seek shade, especially between 10 a.m. and 4 p.m.



Also, routinely check your skin for any changes to moles, which includes changes in color, shape and/or larger than the size of a pea. Report anything questionable to your doctor right away. For more information, visit the Delaware Division of Public Health's [Healthy Delaware](#) website.

Hidden Treasures Find the hidden code on the Rethink page on our website and [email](#) it to SBO (Subject: Hidden Treasures). A random drawing from all correct responses received by the end of the month will be conducted for a prize. Congratulations to last month's winner, Denise R., Dept. of Health and Social Services!

Opioid Misuse Prevention

Opioids are a class of drugs that includes heroin, fentanyl, oxycodone, hydrocodone and codeine. Opioids can be highly addictive. If your doctor wants to prescribe you an opioid for pain, you have the following responsibilities to help ensure you are getting the safest, most effective pain management possible:

1. Talk to your doctor - Discuss pain management options and alternatives to opioids. If you decide that an opioid is the best treatment, learn about the side effects and any potential concerns.
2. Take opioids as directed - Follow the dosing instructions for the medication and do not take them with alcohol or other medications unless directed by your doctor. Contact your doctor immediately if you experience any side effects.
3. Store and dispose of opioids properly - Keep your medication in a secure place. If you have unused prescription opioids, take them to a [prescription drug disposal site](#).

Visit the [Delaware Division of Substance Abuse and Mental Health](#) and [Help is Here](#) websites to learn more about opioid misuse prevention.

New Family Support Benefit: Rethink

Rethink, **available temporarily through December 31, 2020**, provides family support when you need it. This research-based program helps families raising children with learning, social or behavioral challenges or developmental disabilities. Rethink is provided at no cost. When you join, you get instant access to ongoing consultations with a dedicated behavior expert to address your specific challenges; unlimited access to Rethink's website and mobile app with how-to videos and resources; and exclusive content to assist your child with socialization, self-help, academics and more.

Visit the [Rethink](#) website to get started. Use code **DERethink** to enroll. [Register](#) to participate in one of the 45-minute introductory webinars on August 12 at 11:00am or August 18 at 2:00pm to learn more about this benefit.

If you use these services, and are willing to share your experience, please [email](#) SBO.